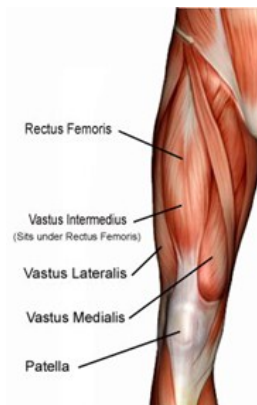


MUSCLE GROUP OF THE MONTH

Quadriceps

Legs play an important part in fitness. Whatever your goals are, strong legs are a must. One of the most important leg muscles is the quadriceps muscle group. The quadriceps, or quads, are located on the front of the upper leg (see diagram below) and are a collection of four muscles; rectus femoris, which is the largest, vastus lateralis, vastus medialis and the vastus intermedius. The quads are what makes the knee joint extend --so they play a crucial role in walking, running, jumping and squatting. Two weight training machines that exercise the quads are the Seated Leg Press and the Leg Extension. Squats and lunges also engage the quadriceps. For more information or other exercises using your quadriceps, please talk with our Fitness Coordinator Neil.



MEMBER
OF THE MONTH

Dottie and Phil Biagiotti



Members since September of 2011, Dottie and Phil visit the facility 4-5 times per week. They use the fitness room but Phil primarily heads to the track and Dottie takes water classes—Cardio Dance is her favorite. In conjunction with exercise, they’ve started eating healthier, low fat foods. They’re also participating in our Coaches Challenge as members of Team Ashleigh. Phil and Dottie report that they have experienced increased energy levels and strength, and decreased blood pressure. They’ve also improved their overall fitness and have lost weight.

Since joining the Fitness Center, Phil has been able to get back to his passion of running. He has run several local 5K’s, including the Toys for Tots run here at the Center. Dottie started out in the fitness center and swimming laps but thought the water classes looked fun so she started taking them. They have helped her improve her balance and increase core strength as well as allowed her to meet a lot of great people.

“Everyone has been super helpful, from the smiling faces of Joe or Jeff at the door, the encouraging instructors and even the pleasant ‘Have a nice day’ from Katie or Terri as you leave for the day.”

HOURS

MONDAY-THURSDAY 5:30 AM- 8 PM

FRIDAY 5:30 AM- 6:30 PM

SATURDAY 8 AM- 1 PM

SUNDAY 1 PM- 5 PM

POOL HOURS

MONDAY-THURSDAY 6 AM- 7:30 PM

FRIDAY 6 AM- 6 PM

SATURDAY 8 AM- 12:30 PM

SUNDAY 1 PM- 4:30 PM

FEBRUARY IS HEART HEALTH MONTH

CHICKEN AND WHITE BEAN SOUP

Makes 6 servings, 1.5 cups each

Ingredients:

- 2 teaspoons extra-virgin olive oil
- 2 leeks, white and light green parts only, cut into 1/4-inch rounds
- 1 tablespoon chopped fresh sage or 1/4 teaspoon dried
- 2 14-ounce cans reduced-sodium chicken broth
- 2 cups water
- 1 15-ounce can cannellini beans, rinsed
- 1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded – about 4 cups (a prepared rotisserie chicken works well)

Directions:

Heat oil in a Dutch oven over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes. Stir in sage and continue cooking until aromatic, about 30 seconds. Stir in broth and water, increase heat to high, cover and bring to a boil. Add beans and chicken and cook, uncovered, stirring occasionally, until heated through, about 3 minutes. Serve hot.

Nutritional information per serving: calories 172, total fat 4g, saturated fat 1g, protein 24g

*Recipe and substitution table courtesy of
the American Heart Association*



SMART SUBSTITUTIONS

You can still eat sensibly when you go to a restaurant by choosing lower-fat foods instead of “the usual.”

<i>Instead of . . .</i>	<i>Try . . .</i>
Cream-based soups	Broth-based soups with lots of veggies
Quiche and salad	Soup and salad
Buffalo chicken wings	Peel-and-eat shrimp
Bread, muffins, croissants	Melba toast, pita bread, whole-grain rolls
Fried chicken sandwich	Grilled chicken sandwich
Chicken-fried steak	Veggie burger
French fries	Baked potato, brown rice,
Potatoes and gravy	Potatoes without gravy, baked
Creamy coleslaw	Sauteed veggies, steamed veggies
Hot fudge sundae or ice cream	Nonfat yogurt, sherbet or fruit ice

Coaches Challenge: Team Members of the Week

These Coaches Challenge participants have shown commitment from their initial assessment to make changes to their training regimen and diet. They consistently ask questions to help them achieve their goals and get clarification on diet and exercise guidelines. Keep up the great work!



<i>Week of:</i>	<i>Team Ashleigh</i>	<i>Team Jeanne</i>	<i>Team Neil</i>
Jan 7-14	Deborah Gross	Teresa Bennett	Cinna Hatcher
Jan 14-21	Dottie Biagiotti	Amanda Wescott	Carol Letts
Jan 21-28	Phil Biagiotti	Peggy Burns	London Schmidt

Did you know . . .



If you are not a regular exerciser, by the time you are 65 you may experience as much as an 80% decrease in muscle strength.



If you're always in a bad mood, then getting fit just may help. Regular exercise can enhance mood and overall well-being.



AQUATICS



Bunny Hop into our **Spring I Swim lessons** starting March 3rd! Register today to ensure your place in the class of your choice. Don't see a class that fits your needs or just a little shy about learning in a group? Try our private swim lessons and let our great instructors help you accomplish your swimming goals.

Learn a new stroke and/or learn to swim more efficiently with our **Swim Stroke Clinics!**

Become a Swimming Instructor! Our **Spring Water Safety Instructor Course** will begin February 24th. **Spring Lifeguard Training** will begin February 26th. Registration for our Lifeguarding and Water Safety Instructor Courses Closes February 17th so be sure to register today. Visit our website for details, schedules, & prices on all our great programs!

Congratulations on a great season to the South and West Brunswick High School Swim Teams. The teams held their last home meet on Jan 25th and will be wrapping up their practices February 7th in preparation for their state meet. Best of luck to both teams!

BFIT Crew

Know someone who is interested in becoming a member but is hesitant to take that first step? Tell them about our BFIT program: **B**elieve in yourself, **F**ocus on your goals, **I**mprove your lifestyle, **T**rain to achieve your dream. This 12-week program is open to non-members only and includes a 3-month complimentary membership, personal training, and nutritional information to help participants achieve a healthier lifestyle. Applications can be found on line at www.bccfitness.com or at the Front Desk. Application deadline is February 18, 2013.

NEW FACES AT THE FRONT DESK

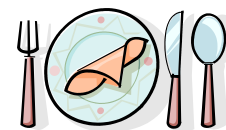
We are pleased to welcome Jeff Ferraro, Megan Robinson, and Randy Hardie to the F&A team!


Welcome!



You've Got Mail!

Would you like to receive Group Exercise schedules at home? How about the newsletter or Swim Lesson schedules? We'll send you these things as well as information about upcoming events—as long as we have your current e-mail address! Stop at the Front Desk and tell us your e-mail address so you can be added to our e-mail list.



NUTRITION TIP

FRUIT: A GREAT SOURCE OF ENERGY

Easy Tips to Help You Eat More Fruit:

- ◆ Keep a bowl of whole fruit on the table, counter, or in the refrigerator as a reminder to eat fruit.
- ◆ Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- ◆ Think about variety: buy fruits that are dried, frozen, and canned as well as fresh, so that you always have a supply on hand.
- ◆ Include fruit at breakfast. Fruit with cereal or in yogurt is always yummy.
- ◆ Snack on fruit instead of reaching for something sugary. Apples, bananas, oranges, and even dried fruit make great snacks are a good source of energy to help get you through the day.

FITNESS TIP

Strength Training boosts Metabolism

Now that you are well into your New Year's Resolution fitness program, add some strength training to accent your workout. Strength training tones muscles, builds bone and burns calories. Even better, the additional muscle that you gain from lifting weights boosts your metabolism. For every three pounds of muscle you gain, you'll burn up to 120 additional calories a day.

